

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professional standards.

There is no cold. Only absence of heat.

Eliciting emotional warmth in relationships.

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- State registered marriage and family psychotherapist
- Senior coach registered with the Austrian Coaching Council
- Certified hypnotherapist, certified trauma and PTSD therapist
- Degrees in cognitive science, international business and German

Educational objectives

- Metaphorically or symbolically express the significance and value of compassion.
- Identify three techniques to cultivate and amplify warmth within/between clients.
- Explain how to combine attachment-focused and Ericksonian therapy.

Overview

1. THE POWER OF WARMTH

Cows in cliques are smarter than lone bovines

2. BUILDING RESPONSIVENESS

To grow fruit trees you need healthy soil

3. ENRICHING EXPERIENCE

The use of harmony makes the melody come alive

Cows in cliques are smarter than lone bovines

1. THE POWER OF WARMTH

Being connected is our default state

Social Baseline Theory, James Coan

- Our default (energy-efficient) state is to be connected with others
 - Cows in herds are smarter than lone bovines
 - Elephants bunch around the oldest female
 - Orcas teach one another
 - Coyotes and badgers team up to hunt
 - Penguins synchronise huddling movements to maximise warmth

Polyvagal Theory, Stephen Porges

- Evolution made us social creatures
- Our Minds are Embodied and Relational, Dan Siegal
- Hierarchy of survival strategies
 - Default strategy is connection and attachment
 - Mobilization (reactive emotions), e.g. anger, disappointment, frustration
 - Immobilization, e.g. dissociation, freeze, disinterest, depression

Autonomic Nervous System (ANS)

Sympathetic Nervous System

**Mobilization, get
up and going**

fight flight; energy
to get up in the
morning, exercise,
do chores, play

Parasympathetic Nervous System

Parasympathetic Nervous System

Dorsal System

Ventral Vagal System Social engagement circuit

“What would it feel like to be safe and warm? Arms strong but gentle. Snuggled close, joined by tears and laughter. Free to share, to stay, to leave” (Deb Dana)

Attack and Defend

“I have been hurt, tricked and fooled. It is not going to happen again.”

- Blaming, criticizing, contempt, demanding
 - Discharges pain and discomfort
 - Distracts from own vulnerability, loneliness, sadness, fear, pain
 - Feels empowering
- Self-justification to keep shame at bay
- Being “right” as a means of maintaining certainty.
- “The golden parachute”: becoming involved in egotism (rather than pain) to become immune to interpersonal influence.

Parasympathetic Nervous System

Dorsal System

Ventral Vagal System

High tone dorsal

Immobilization: shock, freeze, low metabolism, blood pressure.

Low tone dorsal

Rest-digest, post-eating, a little sleepy, blood to the gut. Easy calm being, lounging at the beach, chilling out.

Hiding and Numbing

- Role models respond negatively (disinterest, anger, anxiety, volatility)
- Focus on objects rather than on people
- Family/societal ideas about showing “weakness”
- Trauma (threat of immobilization)

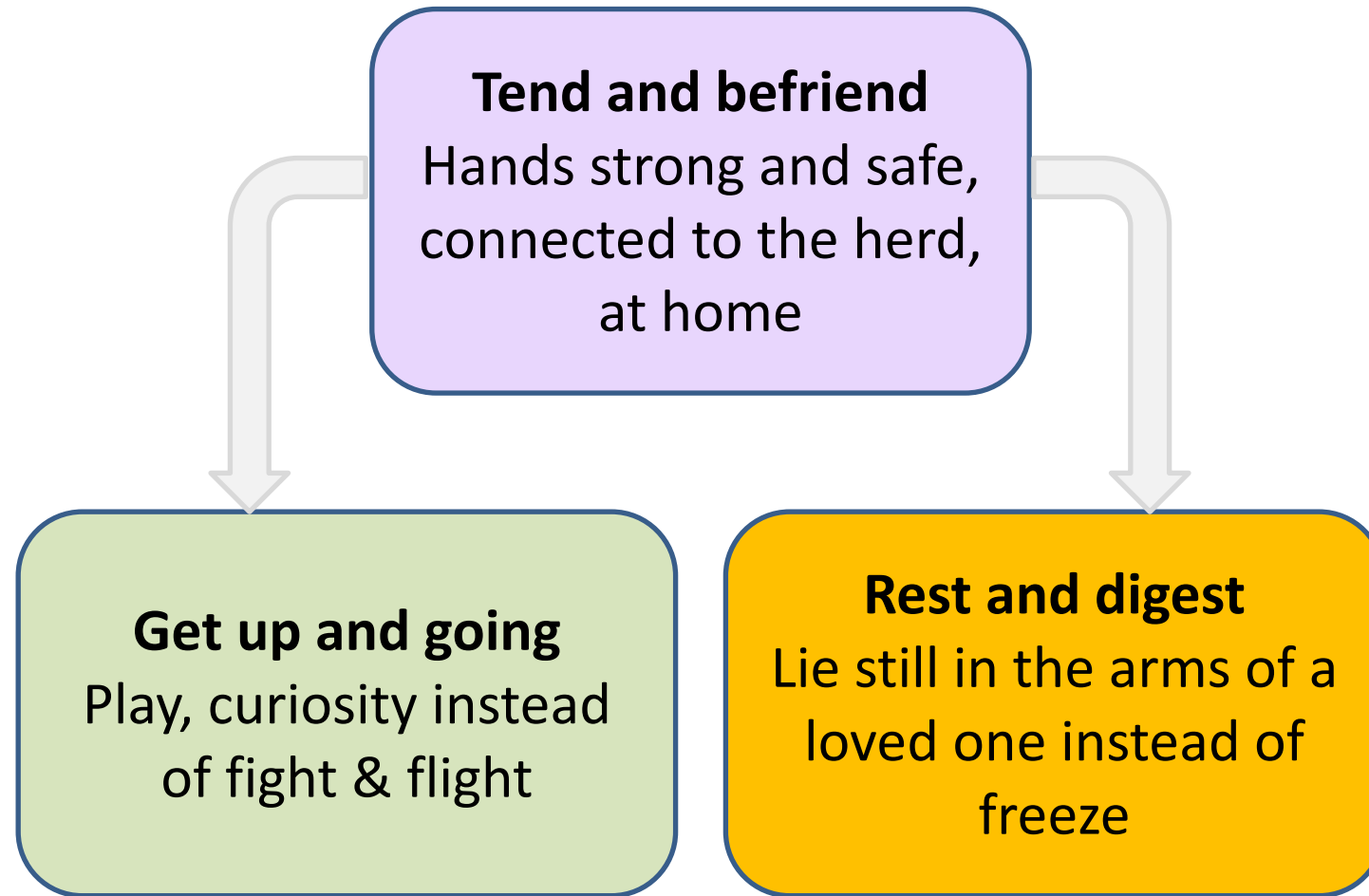
To grow fruit trees you will need healthy soil

2. BUILDING RESPONSIVENESS

Building Responsiveness

- “Consider the analogy of farming. There is no sense in planting a seed in the hardened ground and expecting it to grow. It has to be prepared, tilled, fertilized” , J. Zeig
- We might see stuck states as emotional hardening where growth is not possible and we (client and therapist) need to prepare the ground by attending to it

Building responsiveness



Warmth is the catalyst for building responsiveness

- Humans have a deep need for the safe haven found in secure connection.
- Hawthorne Effect: interest in workers = increased productivity.
- EFT research: when therapists increased warmth behavior to husbands, husbands increased warmth behavior towards their wives.

Defrosting blocks, help clients to regulate

- Protective layers scramble the signals of underlying needs
- To elicit warmth we need also to unfreeze people
- Becoming an emotionally resonant chamber means feeling and exposing yourself to pain
- It means allowing hope to have a space, which means taking a risk

Regulating Explosions

- Reactivity means that the client is online and involved!
- Validate and reframe in attachment terms
 - “Of course you are going to do this ... this makes perfect sense ...”
 - “This is so important ... she is so important ...”
- Standing there signaling, “I mean you no harm” means dropping defenses
 - “A cannot see through your frustration to her pain ... ”
 - “You cannot do that at the moment ... ”

The clinician's warmth as a co-regulative force

- Sharing the cognitive load: validation, empathic interventions
cognitive summaries
- Near/distance: chairs with wheels
- Limbic communication
 - Touch / hands in the air near client to signal touch
 - Hand over heart
 - Using body to attune to client (breathing, blink, posture)
 - Holding with your eyes (esp. couple)
 - Use of voice (prosody)

Warning signs and potential risks

- Alcohol and substance abuse
- Extreme instability, e.g. suicidality, self-harming
- Before helping people to dismantle their protection mechanisms, make sure that they are not currently the healthiest (safe) option:
 - In relationships where **violence or abuse** is occurring
 - When the patient has impulse control problems

Secure Attachment

- A safe haven or harbor
- Sanctuary
- A base camp
- An anchor
- “Being back in the womb”

The 6 Powers of Kindness - PEACE[®]



Personality: learning to be someone that others like (e.g. smiling, being friendly and fun, positivity)



Empathy: being an emotionally resonant chamber, compassion, validating



Appreciation and generosity: (spontaneous) giving, showing positive regard, compliments, showing gratitude



Connecting: sharing experiences and feelings, showing interest in others, collaboration, curiosity

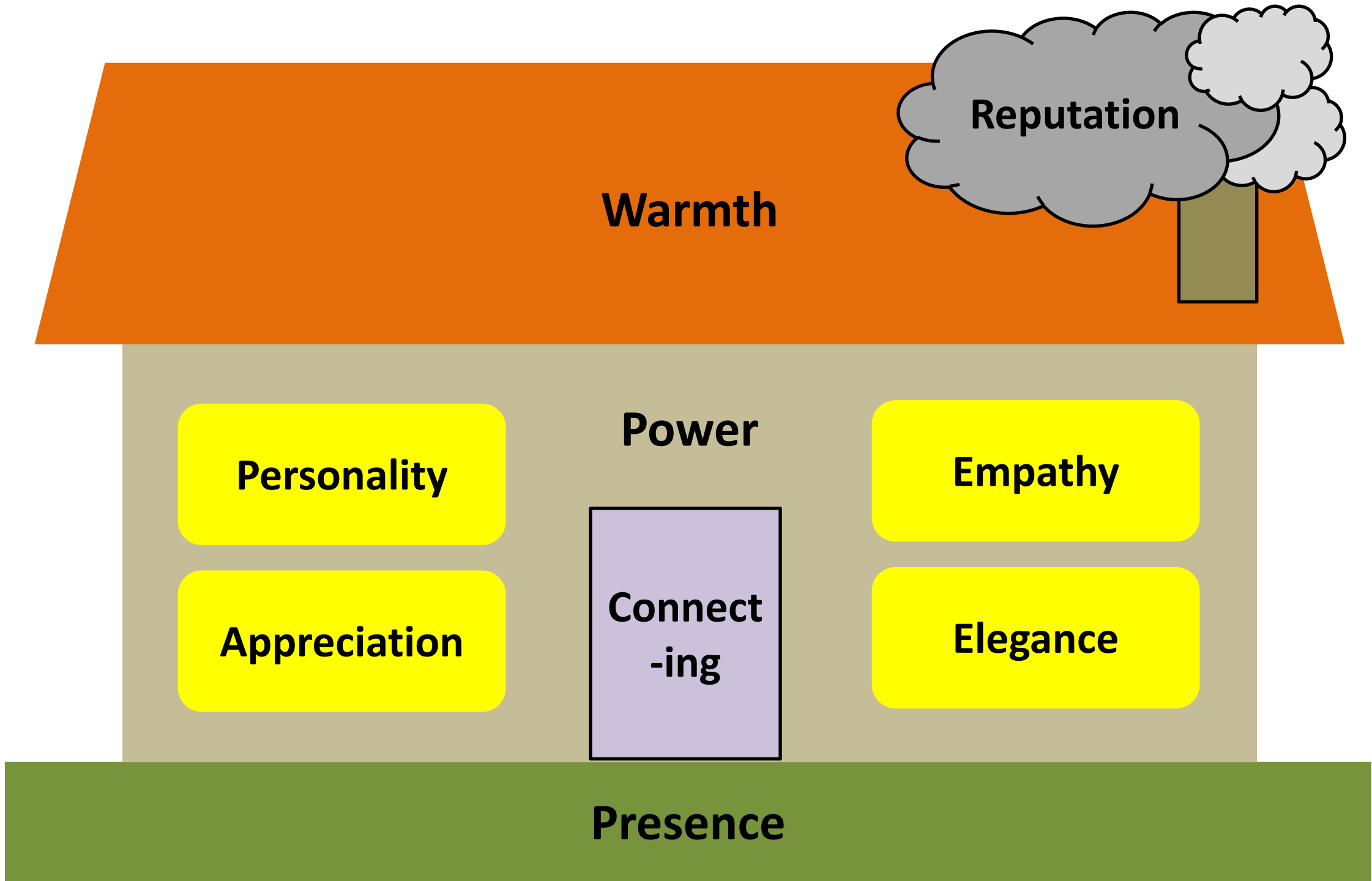
The 6 Powers of Kindness - PEACE®



Elegance: maintaining grace and kindness under pressure, fairness, forgiving, apologizing, honesty

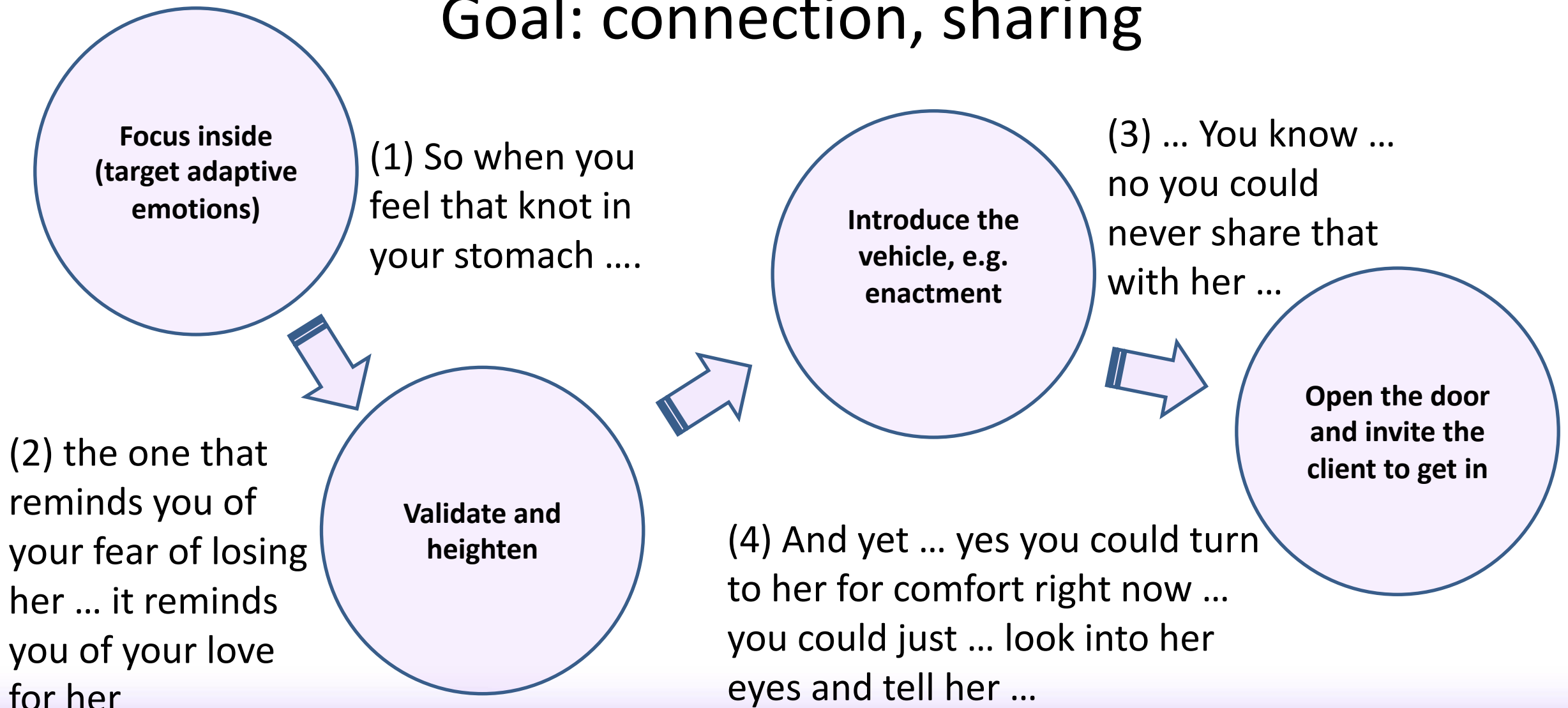


Reputation: building a strong and caring reputation; sticking power



Move in small steps

Goal: connection, sharing



Component + Tailoring = Suggestion

What does client like doing? What position do they take? What would they enjoy?

- The science of love and connection
- Compassion is the machinery the motor that can drive your relationship
- Elegance as embroidery on the tapestry of your personality
- Generosity as part of your natural heritage
- Connection is efficient, it can help you to optimize your energy and become a driving force force
- Kindness as investment or capital
- Appreciation as art, music, dance, architecture

Get their attention!

“[hypnotic communication]... absorbs the person’s attention and orients them to some possibility ... *your suggestions act as a catalyst for organizing and using more for the client’s internal resources, both conscious and unconscious, in a goal-directed way*” (Michael Yapko, *Trancework*)

Orienting Towards

Target: connection, utilize IT/engineering

It can be helpful to be able to know what makes things work

Just like you can ... be really good in understanding logic behind soft... ware

To analyze the protocols on which connections are made up

And if you Karl ... you can persevere you can find that there is something like a soft ... software protocol behind love and connection

In fact you might even see it like a game with rules and logic

Where you can enjoy predicting ... and you can having a locus of control

When you know about the technology behind it

And you can ... Karl ... learn to use the science of charisma to strengthen ... your status in your relationship

The use of harmony makes the melody come alive

3. ENRICHING EXPERIENCE

The EXP Scale (Klein, et al, 1969)

Level	Content	Characteristics
1	External events; refusal to participate	Impersonal, detached
2	External events; behavioral or intellectual self-description	Interested, personal, self-participation
3	Personal reactions to external events; limited self-description; behavioral descriptions of feelings	Reactive, emotionally involved
4	Descriptions of feelings and personal experiences	Self-descriptive, associative
5	Problems of propositions about feelings and personal experiences	Exploratory, elaborative hypothetical
6	Synthesis of readily accessible feelings and experiences to resolve personally significant issues	Feelings vividly expresses, integrative, conclusive or affirmative
7	Full, easy presentation of experiencing; all elements confidently integrated	Expansive, illuminating, confident buoyant

Making therapy experiential

- Turn abstract concepts into an experience
- Dot-to-dot therapy: give the client the outline but do not fill it in
- Use theme and variation
- Make therapy multisensory
- Get the emotions online
- Use fun and play
- Use of drama, suspense and tension
- Keep it simple!

Exercise

Conflict resolution with ventral vagal activation

1. Remember a conflict. Imagine it in front of you as a film. Drain the color. Turn the sound off. Put the film aside.
2. Think of something you enjoy becoming absorbed in. Add a soundtrack. Make it bigger, brighter, more colorful than it is.
3. Thoughts are energy for action. Put the energy inside a sun.
4. Take the problem image and put it behind the sun in a reverse eclipse. Push the sun into the film.
5. Sit back and enjoy the view.

Gift-wrapping

Because how would that be if you could?

- EFT enactment, "... turn to your wife right now and ... look in to her eyes and ... find comfort with her?"
- Trance: suppose you want to sleep one night and a miracle happened and you could tell your wife these things, what would that look/sound/feel like?
- Sculpture: if could sculpt your wife out of clay, how might she have to be so that you could approach her?
- Mindfulness exercise: observe your fears and longings without judging them or pushing them away. Notice how they are hiding below the anger.

Window of tolerance

- Shame clients getting overwhelmed
- When out of window of tolerance, defense mechanisms (ice over) get activated
- Experiential experiments are invitations to be vulnerable – jump in the water and swim.
- This is frightening. We need to dose it and expand window of tolerance gradually.

Jeff Zeig meets Erickson in 1973

“Erickson looked down ... and gradually slowly in mechanical movements he looked up ... and in the same mechanical movements looked across, fixed my gaze ... and probably looked through me, perhaps he timed my breathing ... and then he looked down the midline of my body as if he were suggesting, ‘go down inside’ ... now I was cataleptic.”

Literature

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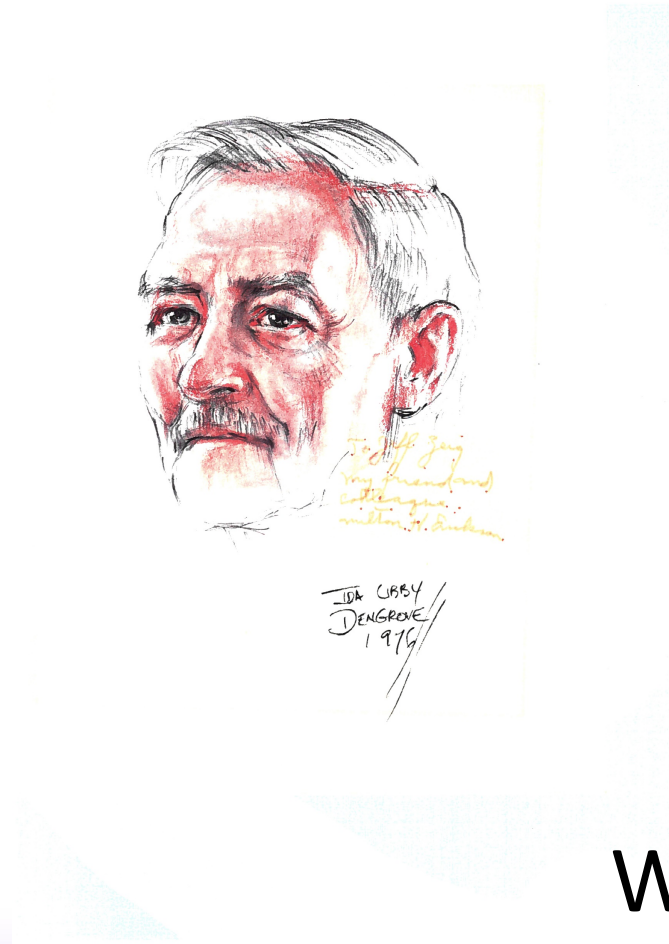
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Dedicated to:



With great appreciation